

## **Abstract**

**Topic:** Intervention Program for Weight Reduction in Adults

**Goals:** The aim of this thesis is to devise as well as implement an intervention program covering exercise and dietary regimes for individuals that are overweight or obese. The goal also involves verifying the effectiveness by measuring various anthropometric parameters.

**Methods:** The monitoring activities covered the period from 2.2. 2015 until 3.8. 2015. The intervention sample involved 9 individuals aged between 26 and 59. The sample was composed of three women and six men. The intervention program lasted for three weeks and I measured the weight using a normal personal weight and the waist circumference using a measuring tape.

**Results:** The intervention program had a positive impact on the individuals that were involved. This resulted in decreased weight and a reduction in the weight circumference. The average loss of weight was 2.1 kg and the average waist circumference reduction was 2.4 cm. Thanks to the intervention program, the monitored anthropometric values were reduced. However, it also lead to the people achieving a better relationship towards physical activity and increased their awareness of the principles of a healthy diet.

**Keywords:** overweight, obesity, physical activity, nutrition, weight, energy balance